

100 Ways to Improve Your Mood

Copyright © 2020 | Destiny S. Harris

• • •

Destiny S. Harris

Table of Contents

100 Ways to Improve Your Mood	1
#1 Aromatherapy	7
#2 Take A Walk	8
#3 Workout	9
#4 Chat With A Friend	10
#5 Have A Cup of Hot Tea	11
#6 Eat A Clean Dinner	12
#7 Read A Book	13
#8 Go For A Bike Ride	14
#9 Climb A Mountain	15
#10 Drink A Tall Glass of Water	16
#11 Love Yourself	17
#12 Dance To A Superb Song	18
#13 Go Out Dancing	19
#14 Play With An Animal	20
#15 Visit A Pet Store	21
#16 Buy A Pet Fish	22
#17 Color In A Coloring Book	23
#18 Write A Book	24
#19 Light A Candle	25

#20 Light An Incense	26
#21 Test Drive Your Dream Car	27
#22 Go Go-Kart Racing	28
#23 Go For A Run	29
#24 Host A Gathering	30
#25 Meditate	31
#26 Journal :)	32
#27 Go On Vacation	33
#28 Organize Your Room	34
#29 Organize Your Bathroom	35
#30 Organize Your Home Environment	36
#31 Organize Your Car	37
#32 Organize Your Home Environment	38
#33 Deep Clean Your Home	39
#34 Meal Prep For The Week	40
#35 Watch A Comedy	41
#36 Play A Board Game	42
#37 Play An Online Game	43
#38 Learn Something New	44
#39 Sit Outside And Enjoy The Fresh Air	45
#40 Gaze At The Stars	46
#41 Hang Out With Family	47

#42 Hang Out With Friends	48
#43 Attend A Meetup	49
#44 Write Down Your Goals	50
#45 Review Your Goals	51
#46 Make A Donation	52
#47 Volunteer At A Charity	53
#48 Order House Cleaning	54
#49 Walk Your Dog	55
#50 Read The Daily Stoic By R. Holiday	56
#51 Text With A Friend	57
#52 Buy Some New Underwear	58
#53 Put Diffusers All Over Your Home	59
#54 Open All Of Your Home Windows	60
#55 Call An Elderly Family Member	61
#56 Write Down Your Bucket List	62
#57 Cry, If You Need To	63
#58 Stretch For 15 Minutes Or More	64
#59 Pray	65
#60 Do Yoga	66
#61 Attend A Fitness Class	67
#62 Go To The Sauna	68
#63 Watch Animal Planet	69

#64 Speak Positive Affirmations	70
#65 Start A Blog	71
#66 Host A Community Event	72
#67 Encourage Someone Today	73
#68 Visit Your Neighbor	74
#69 Have Dinner/Lunch With Someone	75
#70 Bake A Healthy Treat	76
#71 Learn A New Recipe	77
#72 Watch Food Network	78
#73 Go To The Beach	79
#74 Visit The Mountains	80
#75 Brew Coffee For The Aroma	81
#76 Donate Some Clothes	82
#77 Explore New Home Decor	83
#78 Make Up Your Bed	84
#79 Clean Out Your Pantry	85
#80 Paint, Draw, Or Sketch	86
#81 Watch A Movie With A Friend	87
#82 Be A Blessing To Someone	88
#83 Go Fishing	89
#84 Go For A Relaxing Drive	90
#85 Help A Friend Decorate	91

#86 Log 100 Things You're Grateful For	92
#87 Care For A New Plant	93
#88 Take A Bath	94
#89 Take A Long Shower	95
#90 Ask What A Friend Is Grateful For	96
#91 Get A New Hobby	97
#92 Read A Book Of Poetry	98
#93 Read A Book Of Affirmations	99
#94 Sing A Song	100
#95 Go Canoeing	101
#96 Go To A Theme Park	102
#97 Do Something That Scares You	103
#98 Take 5 Actions For Your Goals	104
#99 Transfer Some Money Into Savings	105
#100 Plan Next Year In Granular Detail	106
#101 Sage Your Home	107
#102 Have A Self-Care Day	108
#103 Start A Garden	109
Connect	111

#1 Aromatherapy

Primary Feeling: _____

Today's Journal:

#2 Take A Walk

Primary Feeling:_____

Today's Journal:

#3 Workout

Primary Feeling:_____

Today's Journal:

#4 Chat With A Friend

Primary Feeling: _____

Today's Journal:

#5 Have A Cup of Hot Tea

Primary Feeling:_____

Today's Journal:

#6 Eat A Clean Dinner

Primary Feeling:_____

Today's Journal:

#7 Read A Book

Primary Feeling: _____

Today's Journal:

#8 Go For A Bike Ride

Primary Feeling:_____

Today's Journal:

#9 Climb A Mountain

Primary Feeling:_____

Today's Journal:

#10 Drink A Tall Glass of Water

Primary Feeling:_____

Today's Journal:

#11 Love Yourself

Primary Feeling:_____

Today's Journal:

#12 Dance To A Superb Song

Primary Feeling: _____

Today's Journal:

#13 Go Out Dancing

Primary Feeling: _____

Today's Journal:

#14 Play With An Animal

Primary Feeling: _____

Today's Journal:

#15 Visit A Pet Store

Primary Feeling: _____

Today's Journal:

#16 Buy A Pet Fish

Primary Feeling:_____

Today's Journal:

#17 Color In A Coloring Book

Primary Feeling:_____

Today's Journal:

#18 Write A Book

Primary Feeling:_____

Today's Journal:

#19 Light A Candle

Primary Feeling:_____

Today's Journal:

#20 Light An Incense

Primary Feeling: _____

Today's Journal:

#21 Test Drive Your Dream Car

Primary Feeling:_____

Today's Journal:

#22 Go Go-Kart Racing

Primary Feeling:_____

Today's Journal:

#23 Go For A Run

Primary Feeling:_____

Today's Journal:

#24 Host A Gathering

Primary Feeling:_____

Today's Journal:

#25 Meditate

Primary Feeling:_____

Today's Journal:

#26 Journal :)

Primary Feeling: _____

Today's Journal:

#27 Go On Vacation

Primary Feeling:_____

Today's Journal:

#28 Organize Your Room

Primary Feeling:_____

Today's Journal:

#29 Organize Your Bathroom

Primary Feeling:_____

Today's Journal:

#30 Organize Your Home Environment

Primary Feeling:_____

Today's Journal:

#31 Organize Your Car

Primary Feeling:_____

Today's Journal:

#32 Organize Your Home Environment

Primary Feeling:_____

Today's Journal:

#33 Deep Clean Your Home

Primary Feeling:_____

Today's Journal:

#34 Meal Prep For The Week

Primary Feeling:_____

Today's Journal:

#35 Watch A Comedy

Primary Feeling:_____

Today's Journal:

#36 Play A Board Game

Primary Feeling:_____

Today's Journal:

#37 Play An Online Game

Primary Feeling:_____

Today's Journal:

#38 Learn Something New

Primary Feeling:_____

Today's Journal:

#39 Sit Outside And Enjoy The Fresh Air

Primary Feeling:_____

Today's Journal:

#40 Gaze At The Stars

Primary Feeling:_____

Today's Journal:

#41 Hang Out With Family

Primary Feeling:_____

Today's Journal:

#42 Hang Out With Friends

Primary Feeling:_____

Today's Journal:

#43 Attend A Meetup

Primary Feeling:_____

Today's Journal:

#44 Write Down Your Goals

Primary Feeling:_____

Today's Journal:

#45 Review Your Goals

Primary Feeling:_____

Today's Journal:

#46 Make A Donation

Primary Feeling:_____

Today's Journal:

#47 Volunteer At A Charity

Primary Feeling:_____

Today's Journal:

#48 Order House Cleaning

Primary Feeling:_____

Today's Journal:

#49 Walk Your Dog

Primary Feeling:_____

Today's Journal:

#50 Read The Daily Stoic By R. Holiday

Primary Feeling:_____

Today's Journal:

#51 Text With A Friend

Primary Feeling:_____

Today's Journal:

#52 Buy Some New Underwear

Primary Feeling: _____

Today's Journal:

#53 Put Diffusers All Over Your Home

Primary Feeling:_____

Today's Journal:

#54 Open All Of Your Home Windows

Primary Feeling:_____

Today's Journal:

#55 Call An Elderly Family Member

Primary Feeling:_____

Today's Journal:

#56 Write Down Your Bucket List

Primary Feeling:_____

Today's Journal:

#57 Cry, If You Need To

Primary Feeling: _____

Today's Journal:

#58 Stretch For 15 Minutes Or More

Primary Feeling:_____

Today's Journal:

#59 Pray

Primary Feeling:_____

Today's Journal:

#60 Do Yoga

Primary Feeling:_____

Today's Journal:

#61 Attend A Fitness Class

Primary Feeling:_____

Today's Journal:

#62 Go To The Sauna

Primary Feeling:_____

Today's Journal:

#63 Watch Animal Planet

Primary Feeling: _____

Today's Journal:

#64 Speak Positive Affirmations

Primary Feeling:_____

Today's Journal:

#65 Start A Blog

Primary Feeling:_____

Today's Journal:

#66 Host A Community Event

Primary Feeling:_____

Today's Journal:

#67 Encourage Someone Today

Primary Feeling:_____

Today's Journal:

#68 Visit Your Neighbor

Primary Feeling:_____

Today's Journal:

#69 Have Dinner/Lunch With Someone

Primary Feeling:_____

Today's Journal:

#70 Bake A Healthy Treat

Primary Feeling:_____

Today's Journal:

#71 Learn A New Recipe

Primary Feeling: _____

Today's Journal:

#72 Watch Food Network

Primary Feeling:_____

Today's Journal:

#73 Go To The Beach

Primary Feeling:_____

Today's Journal:

#74 Visit The Mountains

Primary Feeling:_____

Today's Journal:

#75 Brew Coffee For The Aroma

Primary Feeling: _____

Today's Journal:

#76 Donate Some Clothes

Primary Feeling:_____

Today's Journal:

#77 Explore New Home Decor

Primary Feeling:_____

Today's Journal:

#78 Make Up Your Bed

Primary Feeling: _____

Today's Journal:

#79 Clean Out Your Pantry

Primary Feeling:_____

Today's Journal:

#80 Paint, Draw, Or Sketch

Primary Feeling:_____

Today's Journal:

#81 Watch A Movie With A Friend

Primary Feeling:_____

Today's Journal:

#82 Be A Blessing To Someone

Primary Feeling:_____

Today's Journal:

#83 Go Fishing

Primary Feeling: _____

Today's Journal:

#84 Go For A Relaxing Drive

Primary Feeling:_____

Today's Journal:

#85 Help A Friend Decorate

Primary Feeling:_____

Today's Journal:

#86 Log 100 Things You're Grateful For

Primary Feeling:_____

Today's Journal:

#87 Care For A New Plant

Primary Feeling:_____

Today's Journal:

#88 Take A Bath

Primary Feeling:_____

Today's Journal:

#89 Take A Long Shower

Primary Feeling:_____

Today's Journal:

#90 Ask What A Friend Is Grateful For

Primary Feeling:_____

Today's Journal:

#91 Get A New Hobby

Primary Feeling:_____

Today's Journal:

#92 Read A Book Of Poetry

Primary Feeling: _____

Today's Journal:

#93 Read A Book Of Affirmations

Primary Feeling:_____

Today's Journal:

#94 Sing A Song

Primary Feeling: _____

Today's Journal:

#95 Go Canoeing

Primary Feeling:_____

Today's Journal:

#96 Go To A Theme Park

Primary Feeling:_____

Today's Journal:

#97 Do Something That Scares You

Primary Feeling:_____

Today's Journal:

#98 Take 5 Actions For Your Goals

Primary Feeling:_____

Today's Journal:

#99 Transfer Some Money Into Savings

Primary Feeling:_____

Today's Journal:

#100 Plan Next Year In Granular Detail

Primary Feeling:_____

Today's Journal:

#101 Sage Your Home

Primary Feeling:_____

Today's Journal:

#102 Have A Self-Care Day

Primary Feeling:_____

Today's Journal:

#103 Start A Garden

Primary Feeling:_____

Today's Journal:

Connect

<https://destinyh.com>

<https://blacklistedlibrary.com>